



Metropolitan Offices  
1441 Drummond Street  
Telephone 849-5331

## Montréal Communiqué

Thursday, October 29, 1970

HEADS YMCAS OF CANADA: Rix G. Rogers, general secretary of the Montreal YMCA, has been selected for the top YMCA staff post in the nation. His appointment as general secretary for the National Council of Canadian YMCAs becomes effective after January 1, 1971.

Born in Fort Williams, he is 39, married and the father of five children. He holds B.A. and M.Sc. degrees, and has been staff assistant with Sir George Williams University's Centre for Human Relations and a part-time member of the Faculty of its Applied Social Sciences Department.

Rix started his YMCA career in Toronto and also served in New York before taking over, in 1956, as executive secretary of the Montreal YMCA's Lakeshore (West Island) Branch.

In 1963, he became co-ordinator of Program and Staff Development for Greater Montreal and, two years later, was appointed assistant general secretary. He was named general secretary of the Montreal YMCA in 1968.

WAR ON TENSION: Natural techniques that help ease the pangs of childbirth have been adapted by the Northwestern (NDG) YMCA and incorporated into a 'Conditioning by Relaxation' course for men.

Participants will be trained to control individual muscle groups to relieve nervous tension. In doing so, they will also improve overall muscle tone.

Classes will start November 3, on Tuesdays and Thursdays, 12:30-1:15 p.m.

KEY CAMPAIGN LEADERS: Frank B. Peterson, president of Montreal Shipping, will be general chairman of the Montreal YMCA's 1971 financial campaign. It will run March 8-20, with a city-wide objective of \$400,000.

Special names portion of the drive will be headed by E.A. Thompson, president of Dominion Glass. Pierre Delagrave, vice-president, Employee and Public Relations, Domtar, will be vice-chairman in charge of divisions.

G. Arnold Hart, chairman of the Bank of Montreal, will serve as honorary chairman.

.....more

RUN-A-FUND: John Zlatuschka, building superintendant of the Northwestern (NDG) and Westmount YMCAs, was the top money earner in a 10-hour non-stop Run-a-Fund held last Saturday in Alexis Nihon Plaza.

Sponsored by groups from both branches, at 10-50 cents a mile, he jogged 10 consecutive miles for a total of \$129.50.

Objective of the run was to win financial backing for the Montreal YMCA's work in Guyana, South America. It attracted participants of all ages from Northwestern, Verdun-LaSalle, West Island and Westmount Branches.

A WORKING PARTNERSHIP: Progress of Montreal-backed efforts to develop an association that will be self-determining, self-supporting and self-perpetuating were outlined recently by Lloyd Hinds, National Secretary of the YMCAs of Guyana.

"We feel that our partnership with the Montreal YMCA is evolving into a relationship that could serve as a model for providing leadership to the growth of developing nations," he said.

JOBS AND PROGRAMS: *Some 32,000 different persons of all ages were involved this past summer in Montreal YMCA activities. Street work and aquatic programs, day camps and resident camps, back-alley programs--together, they provided summer employment for a total of 375 students.*

SHAPE-UP: The 'what', 'hows' and 'whys' of physical education will be examined in depth by YMCA staffers from across Canada at an upcoming training workshop. Its purposes are summed up by its title: SHAPE-UP: Symposium for the Human Application of Physical Education--Upgrading Process.

For further information please contact: Bill Sher  
849-5331